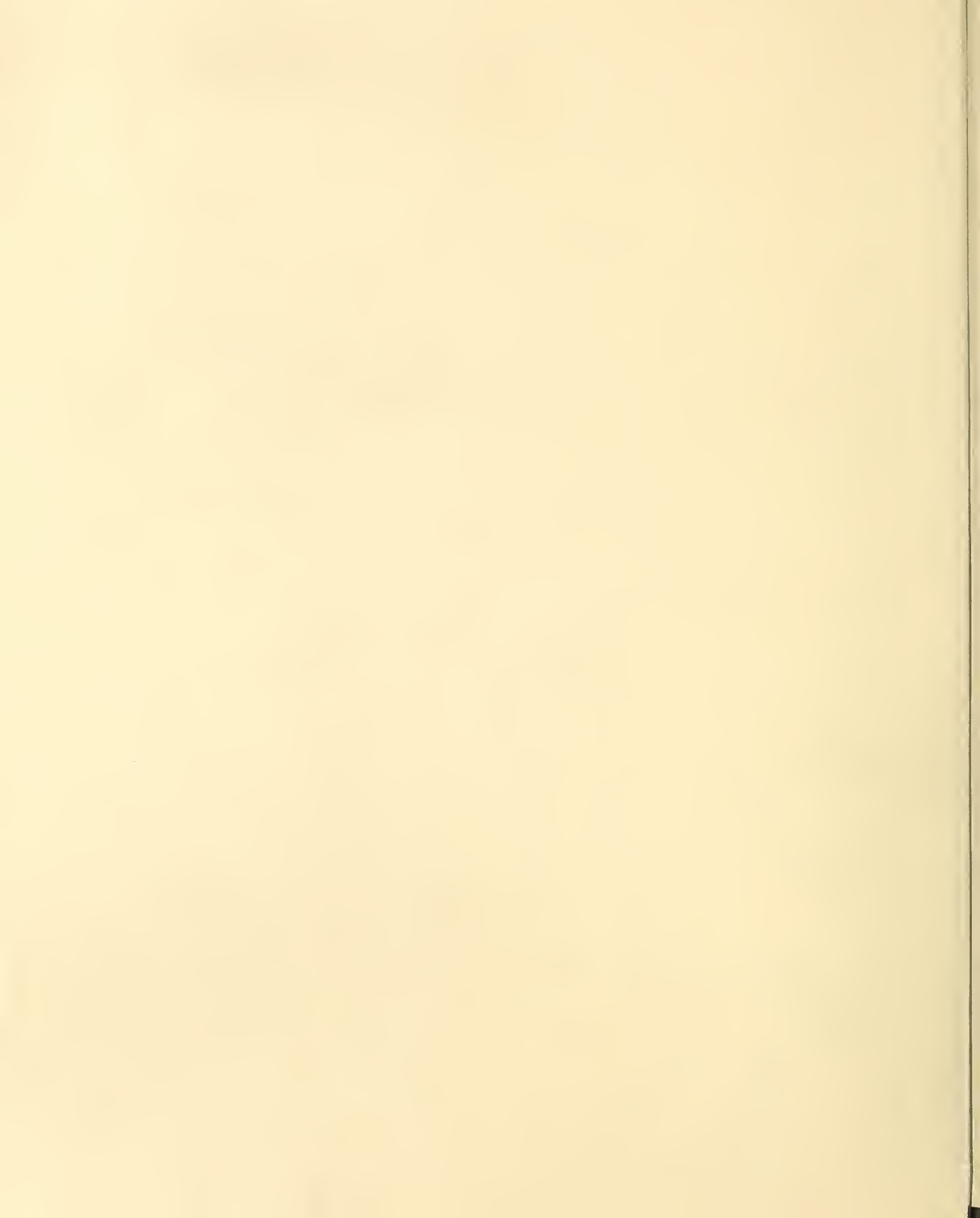
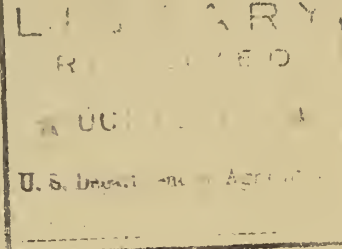


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THE HOUSEHOLD CALENDAR

A radio talk by Mrs. Rowena Schmidt Carpenter, assistant to the Chief, Bureau of Home Economics, delivered through WRC and 31 other stations associated with the National Broadcasting Company, Thursday, October 3, 1929 at 1:10 P. M. Eastern Standard Time.

How do you do, Homemakers!

I want to suggest to you today that you use lamb in planning menus. We hear so much about spring lamb, but many communities have plenty of lamb the year around, and large quantities come on the market in the fall. In the minds of most of ^{us} lamb ranks high in the list of meats that we prefer and consider a delicacy to be included in the "extra special" dinner. This is due to its characteristic pleasing flavor. The leg, loin and rib cuts are the most popular but fortunately there are other cuts from which just as appetizing and savory lamb dishes can be made at much less cost. These are the shoulder, breast, flank, and neck. The thrifty homemaker will occasionally order cuts that her neighbor may scorn because she does not know how to prepare them. On one of the first chilly days such as we are having just now in Washington she surprises her family with a piping hot lamb stew, colorful and tasty with its chopped green peppers and diced carrots or turnips. Such a tempting dish can be made from breast, neck, flank or shoulder, or even from trimmings since the meat appears in very small pieces. Another cool weather dish is curry of lamb, a delight to all of us who enjoy the flavor of curry.

But there will be times when you want to bring on the table a roast, and you will be glad to remember that the shoulder and the breast can be made to look as handsome and taste as fine as a leg or a loin. Roast stuffed shoulder of lamb with mint or watercress stuffing, or a roast stuffed breast with force-meat stuffing are just as dressy when they appear on the dinner table as any roast of meat or fowl ever suggested. Directions for preparing these roasts, for making the lamb stew and curry of lamb suggested above, and for roasting the leg or the saddle are all found in our leaflet No. 28, Lamb as You Like It, which we can send you free on request.

The flavor and attractiveness of lamb cuts, whether chops, roasts or stews, are greatly enhanced if the meat is browned well during the cooking. The only case in which water should be added is in the making of lamb stew, and even then the small pieces of meat are seared before the water is added. For roasts which require long cooking, the meat is kept juicy by finishing at moderate oven temperature after the outside has been browned. In the Bureau of Home Economics we recommend the use of an oven thermometer as an accurate check on temperature. In fact, Miss Alexander advises also the use of a roast meat thermometer to record the doneness of the inside of cuts that have a thick meat section, such as the leg of lamb has. Miss Alexander has now roasted more than 1500 legs of lamb in our experimental kitchens. The lamb leaflet gives the oven and the meat temperatures she recommends to any of you

who have or want to add thermometers to your cooking equipment.

Before I stop I want to suggest that often the difference between one person's meals and another person's is simply one of flavor combinations. The flavor of lamb combines especially well with mint, served either in hot sauce or as a jelly, with currant or guava jelly, with spiced conserves and pickles, and with horseradish for those who like a stronger flavored relish. The time-worn custom of serving peas with lamb is still good, but spinach, string beans, onions, asparagus, turnips or cauliflower may be just as pleasing to your family, and offer variety in the menu built around lamb.

And now I bid you goodbye, Homemakers, until next Thursday, hoping that at least some of you like lamb as we like it!